

Eat Smart, Live Strong

Get Fit SAFB

Healthy Tea Time

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This spring, cozy up with a cup of freshly brewed tea to jump-start your morning or cool off with a tall glass of iced tea.

- ⇒ Tea is the most widely consumed beverage in the world next to water. *About 85 percent of the tea consumed in the U.S. is iced.*
- ⇒ *Tea provides flavonoid phytochemicals* and other variety of naturally occurring phytochemicals studied for health benefits plus manganese and fluoride.
- ⇒ One of the more widely known tea compound with strong antioxidant effect is *epigallocatechin (EGCG)*. This phytochemical is mainly found in green and white teas. Though not conclusive, some studies suggest that *drinking tea may help shield against prostate cancer and cancers of the colon and esophagus.*
- ⇒ Black, Green, Oolong, Dark and White teas all come from the same plant, a warm-weather evergreen named *Camellia sinensis*. Their differences stem from their stage of growth and level of fermentation.



How to Brew Your Cup of Tea



Black Tea: Has the strongest flavor. Its leaves are fully fermented during processing. Boil water and pour it over your tea. Steep it for 3-5 minutes.



Green Tea: Has a delicate flavor. It is not fermented during processing. Green tea requires a lower temperature and a shortening brewing time. After the water boils, remove it from the heat. Allow the water to cool for about 10 minutes before pouring it over your tea. Steep for about 1 minute..



Oolong Tea: Is partially fermented during processing. Brew with water heated to 180-190 °F, and steep for 5-7 minutes.



White tea: Is the least processed variety and is not fermented. Brew with water heated to 180 -190 °F, and steep for 3-4 minutes.

Fun Facts about Tea:

- Chai is derived from the word "cha" which means "tea" in Cantonese.
- International Tea Day is celebrated on December 15th every year.
- More than 80 percent of tea consumed in the U.S. is black tea.

What you put in your tea matters:

- Unsweetened tea has only 2 calories per cup. Sweetened it with honey, and each teaspoon adds 21 calories. Regular sugar adds 16 calories per teaspoon.
- If you like your tea with milk to keep the calories low, splash your tea with nonfat or low fat milk.
- Add spices like cinnamon, ginger or cloves for fun, slightly sweet taste.
- Boost your flavonoid intake even more by paring your tea berries, citrus fruits, plums, edamame (green soy beans) or an ounce of dark chocolate.

